

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-26-07)

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A379 – BLACKBERRIES, EVERGREEN, FROZEN, 30 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better blackberries, unsweetened, individually quick frozen (IQF).
PACK/YIELD	<ul style="list-style-type: none"> 30 lb per case. One 30 lb case AP yields about 67½ cups thawed blackberries and provides about 270.0 ¼-cup servings thawed blackberries OR about 240.0 ¼-cup servings cooked fruit. One lb AP yields about 2¼ cups thawed blackberries and provides about 9.0 ¼-cup servings thawed blackberries OR about 8.0 ¼-cup servings cooked fruit. CN Crediting: ¼ cup thawed blackberries OR ¼ cup cooked blackberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen blackberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration. Store thawed blackberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Blackberries, frozen, unsweetened

	¼ cup (38 g)	½ cup (76 g)
Calories	24	48
Protein	0.45 g	0.89 g
Carbohydrate	5.92 g	11.83 g
Dietary Fiber	1.9 g	3.8 g
Sugars	4.03 g	8.06 g
Total Fat	0.16 g	0.32 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.3 mg	0.6 mg
Calcium	11 mg	22 mg
Sodium	0 mg	1 mg
Magnesium	8 mg	17 mg
Potassium	53 mg	106 mg
Vitamin A	43 IU	86 IU
Vitamin A	2 RAE	5 RAE
Vitamin C	1.2 mg	2.3 mg
Vitamin E	0.44 mg	0.88 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Proper thawing is the key to product quality. For best results, thaw the product at 40 ° F. Promptly return any unused product to the refrigerator. • Drain thawed blackberries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring other fruits. • To lighten the color of blackberries and blackberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice. • To avoid streaking of color through batter and dough in baking, coat blackberries with flour or other dry ingredients and add to batter immediately.
USES AND TIPS	<ul style="list-style-type: none"> • Serve thawed blackberries in fruit cups and salads. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, quick breads, or other baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze blackberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice Plus Food Safety Supplement at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.